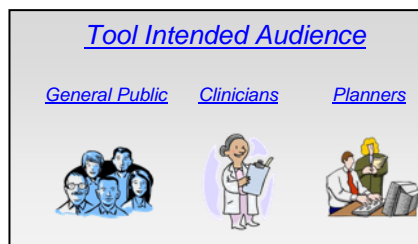


Objective 32: Reduce the proportion of adults who smoke

Maryland SHIP Vision Area 5: Chronic Disease
Tools, Resources, and Promising Practices
updated May 2012



Information, Facts, and Figures

[CDC Smoking and Tobacco Use Data and Statistics](#)

Data and other information from various sources, such as CDC surveillance systems, journal articles, and reports.



[The Community Guide—Tobacco Use](#)

Resources and recommendations for decreasing tobacco use.



[CDC Smoking Cessation](#)

Smoking cessation factsheet.



[SmokeFree.gov](#)

Includes resources and information to aid smoking cessation efforts. Includes fact sheets and tips.



[NIH Smoking Cessation Information](#)

This resource provides an array of information surrounding smoking cessation. NIH offers general information along with guidelines for cessation.



Maryland Services and Hotlines

[Smoking Stops Here](#)

Maryland DHMH site with 1-800-QuitNow including access to a personal quit coach, resources, counseling and success stories



[MDQuit.org](#)

Provides users with resources to help people quit smoking.



[Maryland Resource Center for Quitting Use and Initiation of Tobacco](#)

Listing of statewide tobacco control initiatives.



[Maryland Cancer Control Plan Chapter on Tobacco Use](#)

Link to PDF of “Chapter 5 Tobacco-use Prevention/ Cessation and Lung Cancer from The Maryland Comprehensive Cancer Control Plan (MCCCP)” provides an overview of tobacco use among Marylanders and outlines statewide goals and objectives in order to achieve a reduction in tobacco use.



Promising Practices

[CDC Best Practices for Comprehensive Tobacco Control Programs](#)

An evidence-based guide to help states plan and establish effective tobacco control programs to prevent and reduce tobacco use.



[Become an Ex](#)

The EX Plan is a free quit smoking program, one that can show you a whole new way to think about quitting. It's based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.



Toolkit

[Ending the Tobacco Epidemic](#)

A Tobacco Control Strategic Action Plan from the Department of Health and Human Services for reducing the burden of tobacco on the country.



[Quit Smoking Tools](#)

Tools to create a successful program to quit smoking. Includes interactive tools.



[Treating Tobacco Use and Dependence](#)

Report sponsored by the US Public Health Service including effective clinical treatments for tobacco dependence.



[Women and Tobacco](#)

Information and resources about smoking and how to quit are provided here. This tool focuses on women and discusses how tobacco usage effects pregnancy.



Spanish Tools

[Sabemos \(to know\)](#)

An English- Spanish-language communications kit designed to promote awareness of existing positive social norms regarding in-home protection from secondhand smoke.

